



BREDESEN NAMES APPOINTMENTS TO DIABETES PREVENTION BOARD

Governor Phil Bredesen has announced five appointments to the Tennessee Center for Diabetes Prevention and Health Improvement Board of Trustees.

The Center for Diabetes Prevention and Health Improvement, part of the Cover Tennessee initiative, is focused on addressing the growing problem of Type 2 diabetes and improving the overall health of Tennesseans.

Tennessee Center for Diabetes Prevention and Health Improvement Board of Trustees

Kenya N. Bradshaw, Memphis
Organizer, Stand for Children
Term expires: September 30, 2007

Ann T. Chaffin, Pulaski
School Nutrition Supervisor, Giles County
Board of Education
Term expires: September 30, 2009

Timothy K. Peters, Kingsport
Director of Health and Wellness Programs,
Health Fitness Corporation
Term expires: September 30, 2008

Dexter W. Shurney, M.D., Brentwood
Senior Vice President and Chief Medical
Officer, Healthways, Inc.
Term expires: September 30, 2009

Cathy R. Taylor, Dr.P.H., Nashville
Assistant Professor of Nursing, Vanderbilt
University School of Nursing
Term expires: September 30, 2008

"Tennessee children are very much at risk for developing Type 2 diabetes, and it's not confined to an urban, rural or suburban area - it's across the board," Bredesen said. "The ever-increasing prevalence of fast food combined with TV and video games, as well as diminishing attention to physical activity in our schools, have given us the perfect storm. It's

going to take some intense work with communities, schools and parents to develop meaningful long-term solutions to this problem."

The Tennessee Center for Diabetes Prevention and Health Improvement Board of Trustees consists of seven members, five of whom are appointed by the Governor. By statute, gubernatorial appointments shall include a physician licensed in Tennessee, a registered nurse licensed in Tennessee, a dietitian licensed in Tennessee, and someone with a human resources management or business perspective.

Coordinated School Health (CSH) Announces Grants to 19 School Districts

Governor Bredesen and the Department of Education have designated more than \$15 million in grants to be invested each year to establish Coordinated School Health programs in school districts across Tennessee.

The first set of these grants have been awarded to 19 school districts to fund programs that teach

School District	Grant Amount
Campbell County	\$75,000
Carter County	\$85,000
Cheatham County	\$54,856
Giles County	\$67,000
Greene County	\$95,000
Humboldt County	\$60,000
Humphreys County	\$59,000
Johnson City Schools	\$82,000
Johnson County	\$69,000
Lauderdale County	\$82,000
Memphis City Schools	\$179,427
Murfreesboro City Schools	\$75,000
Obion County	\$64,000
Overton County	\$60,000
Rogersville City Schools	\$64,000
Sumner County	\$95,000
Unicoi County	\$65,000
Van Buren County	\$45,000
White County	\$60,000
TOTAL AWARDS	\$1,436,283

CSH grants, cont.

Tennessee's children about nutrition and physical activity and the value of a healthy lifestyle. Tennessee is the first state to fully fund a CSH program for every school district.

Districts submitted plans to establish community partnerships to educate students about healthy living and increase students' capacity to learn. Tennessee's CSH program began in 2001 in 10 school districts using a model developed by the Centers for Disease Control to engage students, parents, school personnel and the community in creating a culture that emphasizes physical activity and healthy eating habits.

Programs are ongoing in Henry, Loudon, Macon, Monroe, Putnam, Stewart, Tipton, Warren, and Washington counties as well as Trenton Special School District in Gibson County.

Type 2 diabetes may be prevented and/or the onset delayed through modest changes in lifestyle that include increased physical activity and maintaining a healthy weight.

- Of children born in 2000, one in three are predicted to develop diabetes. The odds increase to one in two for African-Americans and Hispanics.
- The average child gets less than 15 minutes of vigorous activity a day.
- Overweight children have a 70% chance of becoming overweight adults.
- Americans spend billions each year purchasing diet books and products in an effort to be healthier.

For more information visit www.GetFitTN.com

***In related news:* TDOT Announces Safe Routes to School Grant Program**

More than \$10 million available for projects promoting walking and biking to school

The Tennessee Department of Transportation has announced a new statewide grant program focused on creating more opportunities for children to walk and bike safely to school. The Safe Routes to School (SRTS) program will provide grants to state, local and regional agencies for projects designed to encourage walking and biking among elementary and middle school children.

"The Safe Routes to School program is an opportunity for our schools, communities, and local and state leaders to work together to promote a healthier lifestyle for our children and create a safer, cleaner environment for everyone," said Governor Bredesen. "The start of this new program comes at a good time. With the recent launch of our GetFitTN initiative, we're taking a good look at how we can promote healthier, more active living in Tennessee. Picking a safe route to walk or bike to school is the

perfect opportunity for families to begin a new fitness routine together."

The SRTS program is funded by \$10.7 million through 2009 with federal funds provided specifically for this purpose through the federal surface transportation program. Grants will be for 100% federal funds and will not require a local match.

SRTS funds will be available for two different types of projects, infrastructure and non-infrastructure, that directly support increased safety and conveniences for primary and middle school children to walk and bike to school. Eligible infrastructure projects include the addition of or improvements to existing sidewalks, bikeways, trails and crosswalks, and for speed reduction techniques around school zones. Non-infrastructure projects include training for crossing guards, safety education, such as student sessions on bicycle and pedestrian safety, events and activities to encourage walking and biking to school, and law enforcement in school zones.

Later this month, TDOT will announce SRTS training sessions in Knoxville, Chattanooga, Nashville, Memphis and Jackson for those interested in planning SRTS projects and activities and applying for a grant. The training sessions will be free and open to the public.

For more information on SRTS, go to <http://www.tdot.state.tn.us/bikeped/saferoutes.htm>.

**For more information on all
Cover Tennessee programs go to
www.CoverTN.gov or call
1-866-COVERTN**